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*Editor's Note: Sold out of Summer, 1978 & Winter 1979 issues.

Temperature: A Key to Warm Up

By Stewart-A. Rea
(Assitant Swimming Coach, Univ. of Texas)

Temperature of the body and muscles before an athletic event plays a greater role than most of us realize.

The muscles of the body have a chemical composition of 75% water, 20% protein, and 5% organic salt. Using water as an example when water is cooled the molecules slow down. On the other hand, if the water is heated the molecules speed up. In a general way this is what happens to a muscle when it's either warmed or cooled.

Metabolism of the body will increase by 13% when the environmental temperature rises above 80 dgs.

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